



Adrenal Support Protocol*

Objective	Product Recommendation	Dosage	Key Ingredients
Provides nutrients that support the adrenal glands, healthy cortisol and adrenaline production, and help manage mind and body responses to occasional stress and fatigue*†	Adrenaplex®	2 capsules daily, or as recommended by a healthcare practitioner.	Vitamin C (as ascorbic acid), Vitamin B6 (as pyridoxal-5-phosphate), Pantothenic Acid (as d-calcium pantothenate), L-tyrosine, Adrenal Extract (freeze-dried), Licorice (<i>Glycyrrhiza glabra</i>) Root (5:1) Extract, Rehmannia (<i>Rehmannia glutinosa</i>) Root (5:1) Extract, Pregnenolone, DHEA (dehydroepiandrosterone) (micronized)
Provides adaptogens that support daily focus, relieve occasional stress, maximize energy, enhance physical performance, and support healthy cortisol levels*†	Ashwagandha Complex	1 capsule daily, may increase to 1 capsule three times daily, or as recommended by a healthcare practitioner. For optimal results, take on an empty stomach.	Proprietary Complex: Ashwagandha (<i>Withania somnifera</i>) Root Extract (KSM-66®) standardized to contain ≥ 5% withanolides, Rhodiola (<i>Rhodiola rosea</i>) Root Extract (EPR-7™) standardized to contain ≥ 3% rosavins and ≥ 1% salidroside
Provides support for healthy levels of the critical cortisol hormone, for a more balanced response to life's challenges*†	Cortisol Stress Support**†^	Women: 1 capsule, one to two times daily. Men: 1 capsule, one to three times daily, or as recommended by your healthcare practitioner.	Vitamin C (as ascorbic acid), Thiamin (B1) (from thiamin HCl), Riboflavin (Vitamin B2), Niacin (Vitamin B3) (from niacinamide and as niacin), Vitamin B6 (from pyridoxal-5-phosphate), Folate (from (6S)-5-methyltetrahydrofolic acid, acid glucosamine salt), Vitamin B12 (as methylcobalamin), Biotin, Pantothenic acid (from d-calcium pantothenate), DHEA (dehydroepiandrosterone) (micronized)